



Helena T. Janousek  
Respite Coordinator

Serving, Arthur, Chase,  
Dawson, Dundy,  
Frontier, Furnas, Grant,  
Gosper, Hayes, Hitchcock,  
Hooker, Keith, Lincoln,  
Logan, McPherson,  
Perkins,  
Red Willow and Thomas  
Counties.

## Upcoming Events

### • Parents Encouraging Parents

March 19-20, 2015  
Grand Island, Nebraska

### • Dementia Care Conference

March 26-27, 2015  
La Vista, Nebraska

### • Autism Conference

April 9-10, 2015  
Kearney, Nebraska

### • Respite Education Support Tools

April 11, 2015  
Holdrege, Nebraska

### • NE Brain Injury Conference

April 16-17, 2015  
Kearney, Nebraska

### • Success, Hopes & Dreams

May 12-13, 2015  
Lincoln, Nebraska



# *"We Care for Those Who Care for Others"* **PROVIDER/CAREGIVER NEWSLETTER**

Spring 2015

## Accept your Feelings

Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. It's important to acknowledge and accept what you're feeling, both good and bad. Don't beat yourself up over your doubts and misgivings. These feelings don't mean that you don't love your family member—they simply mean you're human.

### What you may be feeling as a family caregiver

- **Anxiety and worry** – You may worry how you will handle the additional responsibilities of caregiving and what will happen to your family member if something happens to you. You may also fear what will happen in the future as your loved one's illness progresses.
- **Anger or resentment** – You may feel angry or resentful toward the person you're caring for, even though you know it's irrational. You might be angry at the world in general, or resentful of other friends and family members who don't have your responsibilities.
- **Guilt** – You may feel guilty for not doing more, being a "better" caregiver, having more patience, accepting your situation with more self control or in the case of long distance caregiving, not being available more often.
- **Grief** – There are many losses that can come with caregiving (the healthy future you envisioned with your spouse or child; the goals and dreams you've had to set aside). If the person you're caring for is terminally ill, you're also dealing with that grief.

Even when you understand why you're feeling the way you do, it can still be upsetting. In order to deal with your feelings, it's important to talk about them. Don't keep your emotions bottled up, but find at least one person you trust to confide in.

### Places you can turn for caregiver support include:

- Family members or friends who will listen without judgment
- Your church, temple, or other place of worship
- Caregiver support groups at a local hospital or online
- A therapist, social worker, or counselor
- National caregiver organizations

## REST (Respite Education and Support Tools) Training

### Learn how to become a Respite Care Worker!

Attend an educational course that provides respite training to those who want to offer very special care and assistance to caregivers. As a paid or volunteer respite worker, you give the gift of your time to provide a valuable service. You will spend one-on-one time with a child or adult, giving only as much time as you are willing and able to give.

### **PREPARE • CARE • CONNECT**

#### **PREPARE:**

- Respite: Definition/Value/Role
- Crisis Intervention
- Introducing the caregiver and the care recipient
- Building relationships with the caregiver and the care recipient
  - Overcoming obstacles in communication

#### **CARE:**

- Practice good health and safety practices
- Overview of disabilities across the lifespan
- Creating a positive environment to handle ordinary and challenging respite situations

#### **CONNECT:**

- Understanding types of assist and adapted equipment
- Planning and adapting activities
- How to set up a successful respite relationship
- Confidentiality and coping skills
- References and support for the future

**DATE:** April 11, 2015 (Saturday)

**TIME:** 8:30 a.m. to 5:00 p.m.

**WHERE:** ESU #11 (412 W. 14th Ave., Holdrege)

**TO REGISTER Call:** 1-800-736-7491 Ext. 146

**COST:** Free (lunch provided)

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## The Addiction of Caregiving

I am a 50-year-old RECOVERING CAREGIVER. My husband, young son and I cared for my 89-year-old mother until her recent passing. Ten years living under one roof and two with her in a nursing facility. Neither was easy. At first, we temporarily came home to assist my mom with my stepfather. After his passing, we wanted to go back to our lives in California, but a major health issue with mom would arise and our plans would have to be canceled. My mother suffered from Alzheimer's disease, cardiac pauses, rupture bowel, hip replacement and other miscellaneous ailments. When mom's Alzheimer's episodes escalated, we had to admit her care was too much for us to handle at home. Caregiving is similar to an addiction. It controls EVERYTHING! Every decision we made was not based on what was best for us, but what was needed for mom. Unlike an addict who decides to clean up their life, we were trapped in our situation until mom passed away. Not until then could we again take control of our lives. We were mentally and physically exhausted, in poor health from putting mom's needs above our own and also damaged financially from making major career and support sacrifices. We felt overwhelmed, especially when some family members looking in from the outside, placed the blame for mom's health problems on us as caregivers. Caregiving in this country is an under publicized health epidemic that needs increased governmental attention and support.

*This story was shared by a loving daughter (caregiver) utilizing Respite Services*